

# Parramatta Justice Precinct – Lunch n’ Learn Mental Health (Prevention and Resilience)

**Thursday 19 October**

**12:45pm-1:45pm**

**Room 4.03, Level 4**

The PSA is hosting a Lunch n’ Learn for members working in the Parramatta Justice Precinct. Given October is Mental Health Awareness month, the focus will be on prevention and resilience around mental health issues.

Presented by the PSA’s WHS Officer Suzanne Mann, the session provides information, strategies and resources to build personal resilience and enhance mental health awareness. It also provides participants with strategies to identify and support colleagues with mental health issues and encourage them to seek professional help.

Light snacks will be available, but attendees can bring their own lunch.

Please RSVP to PSA organisers:

- » Surabi Alauddin ([salauddin@psa.asn.au](mailto:salauddin@psa.asn.au))
- » Roland Harris ([rharris@psa.asn.au](mailto:rharris@psa.asn.au))

Numbers will be limited to the first 30 members so please respond as soon as possible to reserve your spot.

*United we bargain, divided we beg - A unionised workplace is a fairer one!*

